



Kamyabi humara haq hai. Hum kamyab hokar rahenge!

— Anil Nagar, Founder & CEO, Adda247

Adda247
PUBLICATIONS

NTA UGC PHYSICAL EDUCATION NET | SET | JRF | Ph.D.

YEAR
(2006-2026)
Unit Wise Solved
Previous Year Questions
Upto JUNE 2026

BEST FOR

UGC NET Aspirants
Junior Research Fellowship
(JRF) Aspirants
State Eligibility Test (SET)
Candidates
Physical Education Students
Preparing for Competitive
Exams



HIGHLIGHTS

- ◆ 2500+ Carefully Selected PYQs
From the past 20 years (2006 to **June 2026**) of UGC NET
Examination in Physical Education
- ◆ Organised unit-wise

2500+
MCQ's



MONU MADHUKAR



CONTENTS

1. History	08
2. Physiology	32
3. Kinesiology and Biomechanics	63
4. Psychology and Sociology of Sports	76
5. Teacher Education Development in Physical Education and Curriculum Planning	105
6. Health and Health Education	126
7. Sports Training	149
8. Research in Physical Education	167
9. Test, Measurement and Evaluation	193
10. Sports Management	206
Solved Paper :	
1. UGC NET PYQ's June 2025	219
2. UGC NET PYQ's December 2025	232
3. UGC NET PYQ's June 2026	240

